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This booklet provides weight loss information and is intended only to assist users in their personal weight loss efforts. You are urged to seek the advice of a physician before beginning any weight loss program. It is intended for use only by healthy adult individuals. It is not intended for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of weight loss program.

Give Up The Pounds, Not The Fight

Congratulations on joining **THE 50 MILLION POUND CHALLENGE**. You have become part of something exciting, life-altering, historic, and tremendously beneficial not only to you, but to others in your family and community, as well as to future generations of African Americans. Participating in **The Challenge** is not just about shedding those extra pounds — though that is critical to your health and well-being. It's about all of us coming together and looking out for each other as we work to take more control of our lives. It's about taking the time to reach out and lock hands as we join forces to fight the very real risk that being overweight poses to ourselves, our families, and our community.

We can't sit by another second as we or our loved ones get the bad news that we've been diagnosed with high blood pressure, diabetes, heart disease, high cholesterol, or cancer. We have all lost far too many in our communities to these preventable medical conditions. By joining **The Challenge**, you're saying you want to be part of the solution, not part of the problem. We are a strong and hard-working people, proud of our heritage and our future. There is no one in a better position to take control of your health destiny than YOU! By focusing on your health *now* and taking the necessary preventative steps, you can improve the quality of your life and even add years to it. Who better to love and take care of us, than us?

The number one health crisis facing not only African Americans, but all Americans, is being overweight. And this life-threatening health risk is getting worse, fast. In the last

few decades, the percent of overweight young Americans has more than doubled and obese adults nearly tripled *(CDC data from "Health, U.S., 2006")*. Two out of every three adults (66%) today are considered either overweight or obese. Even more troubling, 17% of all children in the U.S. are now overweight. The statistics for African Americans are even more alarming — where almost 80% of adult women and 67% of adult men are overweight. Equally worrisome is that 20% of African-American teenagers between the ages of 12-19 are overweight, and this number appears to be rising. Our teenagers are developing Type 2 diabetes, high blood pressure, and in some cases, early signs of heart disease. This decline in our youths' health can be attributed to poor diet, lack of exercise, and inadequate medical guidance.

The very good news is that we have the ability to reverse these unhealthy trends! For many of us it's not just a matter of preference or of fitting into a smaller size, but a matter of life and death! **The Challenge** can do so much, not just for our physical health, but for our minds and spirits too. Below are just a few of the many things I hope we'll accomplish together:

- Shed excess pounds, achieve healthier weights, and reduce the risk of life-threatening diseases
- Unite as a community and pool our strengths and resources to overcome the health problems that afflict us
- Learn more about our bodies and what we can do to live healthier, longer lives
- Teach our youth the importance of making healthy lifestyle decisions that will benefit them for years to come

I have spent a lot of time over my professional career reporting and discussing how health problems show up unevenly in our population and the health dangers of being

overweight. A middle-aged woman who had been battling obesity and diabetes for most of her life, once sent me an e-mail saying, "If you know so much about the problems of obesity and health disparities, then why don't you do something about them?" That's when I decided that talking about the problem was only half the solution. So I decided to put a plan together and that's what you will find in **The Challenge**. My hope is that you'll use this guide — as well as the specially-designed Web site 50millionpounds.com to learn more about how to effectively lose weight if you need to, but also to encourage everyone to get off the sidelines and into the game of improving their lives and the health of our community.

You may be asking, why Dr. Ian Smith and why State Farm®? As a doctor, I've spent a lot of time with people suffering from pain caused by unhealthy lifestyles. I have also spent a lot of time reporting and discussing how being overweight affects our quality of life, and ultimately, how it limits our future. My passion for helping the community make healthy changes lines up perfectly with State Farm's goals. State Farm and its people have a strong commitment to serving the communities in which they live and work. That is what sets them apart from so many other companies. They care about people the way good neighbors do, and are constantly looking for ways to improve the quality of life and future; not just of their customers, but of the entire community. Together with State Farm, I want to raise awareness and touch the lives of millions of Americans by giving everyone the tools and principles they need to help them take charge of their lives, and lose the weight that is holding them back from a happier, healthier lifestyle.

It is my sincerest hope that **The Challenge** will mean more to you than just the number on a scale. I dream that for each

and every one of us, **The Challenge** becomes a lifelong investment that improves our health and future. This is a critical opportunity to reverse the very worrisome trend we've seen toward more diabetes, more heart disease, and more high blood pressure. **The Challenge** is a commitment we're making to ourselves and to each other and is a chance to leave a legacy for future generations. This is the beginning of something GREAT! This is the beginning of a NEW YOU!!

Yours in **The Challenge**,
Ian K. Smith, M.D.

Your Path to Success

With a positive attitude and a willingness to work hard, you can accomplish almost anything you want. This is especially true when it comes to weight loss. Losing weight isn't easy, and keeping it off can be even tougher. One of the most important keys for success is getting your mind in the right place so that you understand the important journey you're about to take. There will be peaks and valleys on your travels, roads with sharp turns and bumpy stretches. But if your mind is in the right place, then you will be able to see the journey through to the end.

You must first open your mind to change. Too many of us have our ideas and opinions fixed in stone. If you're not willing to at least listen to a different perspective or try a fresh way of doing something you've been doing for many years, then positive change will never happen. But if you're willing to try food you don't typically eat, or cook one of

your meals in a new way, then the possibilities of achieving success are endless. An open mind will only increase your chance of success.

Losing weight isn't as complicated as people would have you believe. You don't need to buy expensive supplements — that in many cases don't work or could actually prove to be harmful to your health. You don't have to have a membership to a gym — though gyms can be extremely helpful in your quest for weight loss. What you need are the basics of a good eating program — regular physical activity, and a heavy dose of determination. The good news is that some of the most effective tools for success are free.

Unfortunately, too many people believe they can lose weight without exercising or participating in physical activity. This is one of the biggest dieting misperceptions out there. If we can help correct it, we can help save lives.

One of the benefits of joining **The Challenge** is being able to learn about the importance of proper nutrition and exercise and the impact this combination can have on the way you feel and how well you live. For too long we have either poorly understood or ignored some simple strategies that would make us all physically healthier and stronger. But let's change all that, starting with this guide and on our Web site 50millionpounds.com where you'll be able to read about the strategies that can put you on the road to better health and longevity.

Your Healthy Weight

So what should you weigh? That's the million-dollar question. No one can tell you the exact number, because there is no exact number. What research has shown, however, is that there is a "healthy weight range" that you should try to live within. It's important for you to understand that the range is only a guideline. A comfortable weight range for you might be 5-10 pounds more than what the chart indicates. The bottom line: try to come as close as possible to your healthy range, but make sure it's a weight that you feel you can maintain over the long term. Most importantly, listen to your body. If you're breathing hard after climbing one flight of stairs, your knees and ankles hurt after walking a few blocks, or you find yourself fatigued while doing routine tasks such as cleaning the house or washing the car, then your body is telling you that it's too heavy.

Healthy Weight Ranges

HEIGHT	WEIGHT
4'10"	89-120
4'11"	92-123
5'0"	95-127
5'1"	97-131
5'2"	101-135
5'3"	104-140
5'4"	108-144
5'5"	111-149
5'6"	115-154
5'7"	118-158
5'8"	122-164
5'9"	125-168
5'10"	129-173
5'11"	133-178
6'0"	136-183
6'1"	140-188
6'2"	144-193
6'3"	148-199
6'4"	152-204
6'5"	156-209
6'6"	159-215

Note: *The ranges above may seem large, but they're really not. These numbers must take into account sexual differences such as, men typically weigh more than women at a given height, age differences, and men tend to have bigger frames than women. For your convenience, this table was constructed from the standard BMI table.*

Your Life Expectancy

How long are you going to live? It's a question all of us would like answered, but there's no one who can definitively give us that answer. There are just too many things that determine how long we will live; things such as genetics, working conditions, environmental hazards, and even luck in avoiding accidents. But there is an answer to this question: "What's the *average* amount of time you are going to live?" That's something called your life expectancy and it's a number that scientists figure based on all kinds of complicated methods that would bore you to tears if I explained it. But take a look at what the chart looks like:

Life Expectancy (in years)	
White Female	78.0
African-American Female	76.1
White Male	75.3
Black Male	69.0

Data taken from US Life Tables, 2003. National Vital Statistics Reports Vol. 54 N. 14

The numbers speak for themselves. There is a tremendous gap between African-American men and everyone else. Too many of us are dying too young and we don't have to. There are many reasons for the gap, but the major reason is our higher rate of heart disease, diabetes, and stroke. We can begin to close the gap and improve not just the length of our lives but the quality of them as well. But it's up to us to start making the changes through better food choices, more exercise, and getting the necessary screening tests such as breast mammograms for women and prostate

exams for men. Remember, part of **The Challenge** is your commitment to bettering not just yourself but the entire community.

High Blood Pressure and Obesity

Anyone over the age of 13 has heard of the terms, "high blood," "pressure," or "high blood pressure." Unfortunately, these terms have become all too commonplace in our vocabulary. High blood pressure, also known as hypertension, is called the "silent killer," because it sneaks up on us as quietly as a thief in the night, and when we least expect it, delivers a blow from which many will never recover.

Let me share a few facts to help you better see into the evil workshop of this deadly disease:

- 41.8% of all African-American men 20 years or older have high blood pressure.
- 45.4% of all African-American women 20 years or older have high blood pressure.

Let me give you a simple way to see the size of this. If you were to stand on any random street and count the African Americans who walked by over a period of time, 4 out of 10 of them would suffer from high blood pressure. African Americans have some of the highest rates of elevated blood pressure not just in the U.S., but in the entire world. A lot of this has to do with the lifestyle choices we make such as poor diets, lack of exercise, not visiting our doctors regularly, and the inability to afford blood pressure medications (or simply not taking them even if we can afford them). These are all major

factors that raise not only our blood pressure, but also our risk of life-threatening illnesses.

What exactly is high blood pressure? Your blood travels to the various organs in your body through tiny blood vessels. These little tubes or blood vessels are critical, because they are like the highways for blood. If they become blocked or damaged, then you have all kinds of problems, just the way you would if you were driving down a three-lane expressway and two of the lanes were closed down due to construction. What happens? Cars get backed up for miles, the traffic moves at a snail's pace, and everyone on that expressway is late to where they need to go. That's just what happens with high blood pressure. The blood vessels become stiff and narrow; the blood has a hard time squeezing through the tight space and therefore puts pressure on the walls of the tubes that are carrying it. If not treated properly, this pressure causes problems such as an enlarged heart, stroke, and kidney disease.

Take a look at the numbers on page 13 to see if you are on the verge of high blood pressure or if you already have it.

American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic (Upper Number)		Diastolic (Lower Number)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
High			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

Are you at risk for high blood pressure? Check out the risk factors below.

Risk Factors for High Blood Pressure

- Overweight/obesity
- Lack of exercise/physical activity
- Unhealthy diet
- Stress
- Smoking tobacco products
- Race: African Americans have higher risk
- Age: older than 55
- Family history of high blood pressure
- Sensitivity to sodium (salt)
- Polycystic kidney disease (and other types of kidney disease)
- Cushing's disease
- Medication side effects (e.g. antidepressants, cold medicines, oral contraceptives)
- Recreational drug use (e.g. cocaine)

I would love to give you an easy quiz to test your knowledge of and risk for high blood pressure. I have it waiting for you at **The Challenge** Web site 50millionpounds.com.

High blood pressure needs to be treated early and effectively because it can lead to other problems, including: heart attack, stroke, enlarged heart, kidney disease, blindness, and reduced brain function. Many people can go for years with high blood pressure and not even know they have it. (Remember, that's why it's called the "silent killer.") The only real way to know if you have high blood pressure is to have it measured by a trained healthcare professional who has the best equipment and skills to test you.

The reason why you've joined **The Challenge** is to improve your health. Here are some things you can do to prevent or control high blood pressure.

It's Up to You

- Lose weight (healthy diet/exercise)
- Stop smoking
- Manage stress better
- Avoid excess alcohol
- Decrease sodium (salt) intake
- Take medications only as your doctor prescribes

Diabetes and Obesity

Older generations call it "the sugar" and what they're talking about is clear to all of us — DIABETES. It's something that has likely touched all of our lives in some way or another. Whether you are actually a diabetic or it afflicts a family member or friend, the bottom line is that this disease is far too common in our community and we must do something about it. What you'll be learning and doing in **The Challenge** can greatly reduce your risk for getting diabetes if you don't already have it, or if you do have it, can help you control it.

What exactly is diabetes? Simply put, it's the body's inability to properly handle the sugar (glucose) that's in your blood. Too much sugar in the blood can cause damage to many parts of the body, including blood vessels and nerves. There are two types of diabetes. Type 1 starts in childhood and is something that a person is born with and has no way of preventing or curing. Type 1 diabetics need to get regular insulin shots. Type 2 diabetes typically starts in adulthood, but more children are now developing it because of the increase in obesity and decrease in exercise. Type 2 is the most common type of diabetes and the one that's related to being overweight. Insulin shots may also be necessary for people that develop Type 2 diabetes, but in most cases, Type 2 can be prevented by maintaining a healthy weight, eating the right foods, and being physically active. (Does that sound familiar?)

Take a look at these statistics for a better idea of how critical it is that we make some changes:

Diabetes and African Americans
Affects 3.2 million or 13.3% of all African Americans aged 20 or older.
African Americans are almost twice as likely to have diabetes as whites.
1 out of every 4 African Americans between the ages of 65 and 74 has diabetes.
1 out of every 4 African-American women over 55 has diabetes.

Source: *American Diabetes Association*

Why is diabetes so dangerous? It can cause all types of serious health problems including: blindness, kidney disease, amputations, heart disease, and stroke. So the key is to prevent diabetes before it even develops, or if you already suffer from it, control it through lifestyle changes and medications if necessary. You need to find out if you're at risk for diabetes. Pay attention to the chart on page 17 and check off all of the risk factors that apply to you. Those of you that have the ability to change yourself are critical because that means you can better control the fate of your health. Gaining control over the keys to a healthy and longer life is what **The Challenge** is all about.

Diabetes Risk Factors

I have a parent, brother, or sister with diabetes (family history).

My family background is Alaska Native, American Indian, African American, Hispanic/Latino American, Asian American, or Pacific Islander.

I have had diabetes during a pregnancy, or I gave birth to at least one baby weighing more than 9 pounds.

My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.

My cholesterol levels are not normal. My HDL cholesterol ("good" cholesterol) is below 35, or my triglyceride level is above 250.

I am not very physically active. I exercise fewer than three times a week.

I have polycystic ovary syndrome, also called PCOS (women only).

On previous testing, I had impaired glucose tolerance (IGT) or impaired fasting glucose (IFG) or have been told that I was "pre-diabetic."

I have other clinical conditions associated with insulin resistance.

Source: *National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH*

Now that you know the problem, how are you going to solve it? Go to 50millionpounds.com to find out how you can reduce your risk for diabetes and improve your health.

Cancer and Obesity

Did you know that there's a link between obesity and cancer? I never knew about this link myself until several years ago when I started studying the health effects of obesity. What scientists have found is that not only is there a link, but according to an American Cancer Society study, as many as 90,000 cancer deaths each year could be *prevented* if Americans could only maintain a normal, healthy body weight.

Experts have identified a group of cancers that seem to have the greatest link to obesity. These are cancers of the colon, breast, uterus, kidney, and esophagus. It's believed that one of the important ways obesity increases your risk for cancer is by causing the body to produce more of the hormones estrogen and insulin, two hormones that under the right circumstances are critical for our health. But when someone is obese and these hormones are too high, they can actually stimulate the growth of cancer.

The good news is, that to some degree, we can control many of our risk factors for these cancers by good eating habits and exercising. Achieving and maintaining a healthy weight is not just about what you look like in the mirror or the number that registers on a scale.

There are certain foods we call "cancer fighters." They contain substances called "antioxidants" that work to prevent cancer from developing. The greatest sources of these antioxidants are fresh vegetables and fruits, which is why you should be eating at least 5 servings of them a day. Whole grains are also important. Whole grains include oatmeal, whole-wheat bread, multi-grain bread, and brown

rice. You should try to have at least 3 servings of whole grains each day.

Many cancers develop in us for unknown reasons, but we know obesity is one cause that can be treated and prevented. Food is important fuel for our bodies and exercise is a great way to keep our wonderful machines finely tuned. The next time you're deciding what you should eat or if you want to walk a few blocks rather than driving or taking the bus, think about how that simple decision could help you lower your risk of developing cancer and many other chronic diseases.

A Healthy Diet Plan

If you're already following a healthy diet plan that works for you — keep going! Your weight loss can be counted toward **The Challenge**. If you need a diet plan to follow, you can start by using this plan, the second phase of my diet, *The Fat Smash Diet*. Or if it is better suited to your needs, try my new *Extreme Fat Smash Diet*. Both are reasonable ways to eat that will not only help you lose weight, but can make you healthier and keep you from feeling hungry. And best of all, you don't have to count calories — I have done that for you.

The quantities listed are suggested maximum amounts of individual food types that you should have in a single day. (Obviously, you should not eat all of these foods in one day — pick the right balance of foods for your taste.) You should eat four small meals per day. Don't skip meals. That's not a way to lose weight: in fact, it will have the opposite effect. Eating is important. Watch your portions!

VEGETABLES, LEGUMES, AND GRAINS	Eat as much as you like, but avoid white potatoes, white rice, and baked beans. Prepare these foods by grilling, steaming, or sautéing in a little oil or butter.
EGGS	2-3 egg whites or ½ cup of egg beaters or 1 whole egg
MILK & CHEESE	2 cups of low-fat, fat free, skim, or soy milk Cheese: 1 oz (1.5 slices) Yogurt: 6 oz low-fat (times 2)
CEREALS (unsweetened) 1½ cups per day if cold or 1 cup per day if hot (with or without milk)	Oatmeal Farina/Cream of wheat/Grits Shredded wheat Bran flakes Cheerios Chex Corn flakes Life Puffed rice Puffed wheat Rice Krispies Special K Wheaties
SWEETENERS	2 tsp of granulated sugar or 3 tsp of sugar substitute (like Splenda) 1 tbsp of honey

MEATS 3-4 oz (size of a deck of playing cards)	Chicken: baked or grilled Turkey: baked Ground beef: extra lean or ground sirloin Sirloin steak Lamb Ham (without the fat)
SEAFOOD (You can choose 1 item from this list. Pay attention to the quantities. Remember, 5-6 oz is the size of a deck and a half of playing cards.)	Halibut, tuna, salmon, snapper, tilapia, striped bass, etc. (5-6 oz) Shrimp: 4 large Mussels: 3 oz Oysters: 6-12 Clams: 3
SPICES & HERBS	Salt (1 tsp) Unlimited fresh or dried herbs & ground spices
FLAVORINGS	3 tbsp of low-fat or fat-free dressing 2 tbsp of extra virgin olive oil 1 tbsp of low-fat mayo 2 tsp of butter 1 tsp of Tabasco 1 tbsp of mustard 1 tbsp of ketchup

DRINKS (Pay special attention to the quantities and instructions; it's easy to drink too much sugary juice and lose track of the right-size portion. Remember, WATER is the best choice and you can drink as much as you like!)	*Everyday you can have:* 1 cup of freshly squeezed juice Unlimited tap or bottled water 1 10-oz cup of coffee or 2 cups of tea *Everyday you can have:* 2 cups of club soda or 2 cans of diet soda or 1 cup of iced tea (unsweetened or lightly sweetened) or 1 cup of lemonade (unsweetened or lightly sweetened)

For more phases and the complete diet with easy and tasty recipes, read *The Fat Smash Diet* published by St. Martin's Griffin. Or you can try my new *Extreme Fat Smash Diet,* which is available now in bookstores everywhere.

Exercise

I was once asked, "If you could only prescribe one thing to people to improve their health, what would it be?" My answer was automatic: EXERCISE. Being physically active is like attaching a charger to your battery while at the same time giving your body a complete tune-up. It can change you on the inside *and* the outside and totally energize you.

Why do you need to exercise to lose weight? If you eat healthy foods and watch your portions, there's no doubt that you will lose a certain amount of weight. But at some point

your body will grow accustomed to your healthy eating style and fight to hold on to the excess weight, stopping the weight loss you've been enjoying dead in its tracks. Now you understand why exercise is so critical. Add a regular schedule of physical activity to your healthy eating program and watch the fat and pounds burn away. If you are losing between 1 and 2 pounds a week on average, you are doing very well. Remember, you didn't gain the weight overnight and there's no magical way to take it off overnight. Exercise, however, is as close as you'll get to a "magic bullet."

Whatever you do, don't think of exercise as a chore. A negative perception of exercise stops too many people from participating in something that could help them lose weight and vastly improve their overall health. Exercise will definitely help you reach your weight-loss goals faster and maintain your success, but it can also provide other great benefits.

Benefits of Exercise

- Prevent heart disease and stroke
- Reduce your risk of diabetes
- Add years to your life
- Improve recovery after hospitalization
- Reduce your risk of the bone-thinning disease osteoporosis
- Fight depression
- Lower the risk of cancers of the colon, prostate, and uterus

Bottom line — regular exercise is one of the best things you can do not only to lose weight, but to live a longer and healthier life. Use the box on page 24 to find some cardiovascular exercises that you may want to try.

For a more complete list of exercises and things you can do inside of your own home, in the neighborhood or at your local gym, visit me at 50millionpounds.com.

Physical Activity	Calories Burned/Hr
Walking (leisure)	200
Dancing	420
Bicycle riding (moderate)	450
Power walking (3 mph)	450
Aerobics	450
Jogging (5 mph)	500
Swimming	500
Basketball & Raquetball	700
Elliptical machine	700
Jumping rope (70 jumps/min)	700
Stair climbing (stadiums)	900

The Exercise Plan

- Do some form of cardiovascular activity (examples are on our Web site at 50millionpounds.com or in the box on page 24) for at least 35 minutes, 3 days a week. If this is too much for you at the beginning, start slower and increase to this level of activity as your body becomes acclimated. If you're more advanced, or as you get used to the increased level of activity, try to raise this to 5 days a week for 40 minutes each day. **The important thing is to start and stick with it!**
- Switch up your activities. If you do walking one day, then try bicycle riding the next time you exercise. The more you change your exercise, the more you'll get out of it.
- If possible, try to do as much of your exercise in the morning as you can. Then, if you have time, do it again in the evening — a second session to help burn even *more* calories (though not too close to bedtime, or all that excitement could keep you up).
- Two days a week for 35 minutes, you should do some resistance exercise in the form of resistance bands, lift light free weights, or use resistance machines. Make sure you are properly instructed in these methods before trying them.
- Every three weeks try to increase the amount you exercise by 10 percent. So if you're walking 1 mile, then start walking 1.1 miles. If you're riding the bike for 30 minutes a session, try 33 minutes. The idea is to gradually increase both the length of your exercise sessions and their intensity.

Load Up on the Fiber

Most people have heard the word fiber, but they don't know what it is, where it comes from, and why it's important for our health. If you know these answers, you'll be well on your way to making smart food choices that will not only help you SMASH the fat and meet your goals for **The Challenge**, but improve your overall health.

Experts recommend increasing your intake of fiber because of all of its potential health benefits. Fiber is a term that refers to complex carbohydrates (big-sized sugars) that your body is unable to digest or absorb into the bloodstream. Fiber is what gives plants their shape. Celery has a rigid stalk because of fiber. In fact, fiber can only be found in foods that come from plants, such as fruits, vegetables, and legumes (beans, peas, lentils, and peanuts).

Fiber helps you lose weight for several reasons. First, it adds bulk to your diet, so you feel full faster and longer. Foods that are high in fiber tend to be low in fat and calories, so you'll be eating much healthier if you eat fiber-rich foods without making any other changes. And foods rich in fiber tend to take longer to chew. This could translate into you eating slower, getting full faster, and eating less overall.

Fiber is also believed to play a potential role in preventing or reducing the risk of developing cancer, diabetes, and heart disease. A high-fiber diet may help reduce colon and rectal cancer. Fiber is believed to help lower blood sugars, thus possibly reducing the need for diabetes medications and insulin injections. Several years of research has shown that a high-fiber diet can also help reduce one's risk for heart disease by lowering LDL-cholesterol or "bad cholesterol."

Table 2: Dietary fiber content of foods.

	SERVING SIZE	FIBER
BREADS, CEREALS, GRAINS		
White bread	1 slice	0.6
Whole grain bread	1 slice	1.7
100% All Bran	1/2 cup	8.8
Corn flakes	1 cup	0.7
Shredded wheat	2 biscuits	5.5
Oatmeal, cooked	1 cup	4.0
Rice, brown, cooked	1 cup	3.5
Rice, white, cooked	1/3 cup	0.6
FRUIT (FRESH UNLESS OTHERWISE NOTED)		
Apple, with skin	1 large	3.3
Apricot	1	0.7
Banana	1	3.1
Blackberries	1 cup	7.6
Dates	5	3.3
Grapes	10	n/a
Grapefruit, pink and red	1/2	2.0
Grapefruit, white	1/2	1.3
Melon, cantaloupe	1 cup	1.4
Nectarine	1	2.3
Orange	1 small	3.1
Peach	1	1.5
Pear	1 medium	5.1
Pineapple	1 cup	2.2

Plums	1 small	0.9
Prunes, dried	5	3.0
Raisins	1 cup	5.4
Strawberries	1 cup	3.3
VEGETABLES		
Beans, baked, canned, plain	1 cup	10.4
Beans, green, cooked	1 cup	4.0
Beets, canned	1 cup	2.9
Broccoli, raw	1 cup	2.3
Cabbage, raw	1 cup	1.6
Carrots, raw	1 cup	3.1
Cauliflower, raw	1 cup	2.5
Celery, raw	1 cup	1.9
Corn, yellow, cooked	1 cup	3.9
Lentils, cooked	1 cup	15.6
Lettuce, romaine, raw	1 cup	1.2
Lettuce, iceberg, raw	1 cup	0.7
Peas, boiled	1 cup	4.5
Peas, split	1 cup	16.3
Potato, baked, fresh	1/2 potato	2.3
Sweet potato, cooked without skin	1/2 potato	3.9
Tomato, red, ripe	1 tomato	1.5
Winter squash, cooked	1 cup	5.7
Zucchini squash	1/2 cup	n/a

OTHER FOODS		
Meat, milk, eggs		0
Almonds (24 nuts)	1 oz.	3.3
Peanuts, dry roasted (approx. 28)	1 oz.	2.3
Walnuts, English (14 halves)	1 oz.	1.9

I.J. Anderson, Colorado State University Cooperative Extension foods and nutrition specialist and professor, food science and human nutrition; S. Periyman, Extension foods and nutrition specialist, and L. Young, former foods and nutrition graduate student 12/98

7 Habits to Break for Better Health

- Using too much salt

  Salt adds taste to food and is not a bad thing when used in moderation. But most people eat much more salt than they need. Try to limit your salt intake to less than 1 teaspoon per day and reduce your risk of developing high blood pressure.

- Fried foods

  Fried foods seem to taste so much better, but they are loaded with all kinds of bad fats and calories. Limit your fried meals to a maximum of 3 times per week, then try to reduce that to 2 times. Instead, bake, roast, grill, steam, or sauté your food.

- Overcooking vegetables

  Vegetables are full of critical vitamins and minerals, but when they are cooked too long, all of these powerful nutrients are destroyed and leach out into the cooking water. Try to cook your vegetables for less than 15 minutes or eat them raw, steamed, grilled, or sautéed.

- Butter/Lard/Bacon/Fat Back

  The reason why we like to add these things to our pots of lima beans or collards is because fat adds so much flavor. But fat also adds so many extra calories and reduces the healthiness of the foods. Try to use these fats very sparingly. It might take some time, but you can grow to enjoy the more natural taste of the food.

- Fatty meats

  Instead of buying the fattier cuts of meat, try the leaner cuts. Your arteries and heart will thank you!

- Sugary drinks

  Almost a unanimous weakness. Sweet iced teas, fruit punches, Kool-Aid, quarter waters, soda — we drink liquid sugar by the gallons. Having some might not be such a bad thing, but most of us tend to go way over the limit. If you must have a sweet drink, try to limit your consumption to no more than 1 cup a day. At other times try water or unsweetened iced tea, or freshly squeezed juice in modest portions. These are so much better for your health.

- Too much skin

  Have you ever asked yourself why chicken and turkey taste so much better with the skin? The answer is one word: FAT. Along with the taste, skin adds so many

calories to your meal. Remove it and enjoy the meat. If you want a flavor boost, just add some spices. You can also enhance the taste of your meats by using things such as citrus marinades, dry spice rubs, and sweet peppers.

In addition to what you've read in this brochure, we've also set up an entire Web site to help you get started, get encouragement along the way, and track your personal progress. Go to 50millionpounds.com today, where you can also learn about upcoming events, invite others to take **The Challenge**, and get more tips and techniques for effective weight loss. You'll find more information and the support you need to take control of your life and become healthier. Remember, small changes can make a BIG difference. We're all a team in **The Challenge** as we build healthier and happier lives and become a stronger community!

Weight Loss Chart

Name:		Start Weight:	
Date	Activity	Weight Lost	Weight

GIVE UP THE POUNDS, NOT THE FIGHT.

50millionpounds.com

THE 50 MILLION POUND CHALLENGE

State Farm™